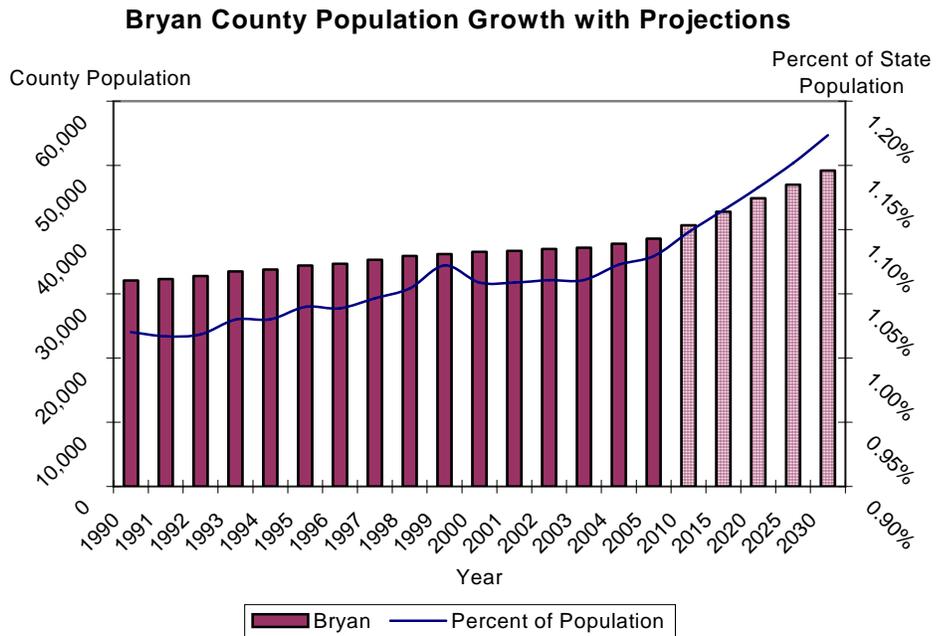


Demographics

* U.S. Census Bureau

- Population estimates
 - 14% increase from 1990 to 2000 (32,089 to 36,534)
 - 3% increase from 2000 to 2004
 - Ranked 13th for growth in state
- 2000 Census
- Hispanic/Latino ethnicity = 3%
- Race
 - Whites = 80%
 - Native Americans = «Indian %»
 - Blacks = 1%
 - Other/Multiple = 6%
- Age
 - Under 5 = 6%
 - Over 64 = 15%
 - Median age = 35.8 years
- Housing units
 - Occupied = 14,422 (86%)
 - Vacant = 2,293 (14%)
- Disability (ages 21 to 64) = 26.3% national = 19.2% state = 21.5%
- Individuals below poverty = 18.4% national = 12.4% state = 14.7%



* Vital Statistics, Health Care Information Systems, OSDH & Centers for Disease Control

Top 10 Leading Causes of Death

The top 10 leading causes of death table on the next page displays a broad picture of the causes of death in Bryan County. Since many health-related issues are unique to specific ages, this table provides causes of death by age group at a glance. The causes of death that are present across almost every age group have been highlighted. From 1983 to 1993 heart disease killed 1,529 people in Bryan County and

is still the leading cause of death among all age groups. According to the Centers for Disease Control, almost \$400,000 is spent on each heart disease-related death. With an average of 136.2 deaths a year, heart disease accounts for over \$50 million a year in medical costs in

Heart disease accounts for over \$50 million a year in medical costs in Bryan County.

Bryan County.

Alzheimer's disease and the complications associated with it have increased from the 16th ranked cause of death (1983-1993) to the 10th ranked cause of death in persons 65 and older accounting for a 173% increase in deaths.

* Behavioral Risk Factor Surveillance System, Health Care Information System, OSDH & Health Affairs Journal, R. Strum, 2002

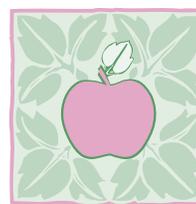
Nutrition and Obesity

With the United States coming in as the most obese country in the world, health care costs related to obesity and poor nutrition are on the rise.

Of the 292 million people in the United States, 129 million are overweight or obese according to their body mass index (BMI). The number of obese (BMI > 29) and overweight (BMI 25-29) Oklahomans has been increasing at the

same rate as the nation, and health care costs are reflecting this downward spiral of health. For persons under the age of 65, on average, health care costs are \$395 more for obese individuals and are even greater for persons over the age of 65.

In 2002-2004, 17.1%



**Sensible Foods – Sensible Portions
5 to 9 Fruits & Vegetables a Day**

(6,379) of people in Bryan County were considered obese which accounted for an additional \$2,519,705 in medical costs for the county. These costs are underestimated because they do not take into account the percentage of obese or overweight persons who are over the age of 65.

Top 10 Causes of Death by Age Group Bryan County 1993-2003

Rank	0-4	05-14	15-24	25-34	35-44	45-54	55-64	65+	All Ages
1	PERINATAL PERIOD 15	UNINTENT. INJURY 11	UNINTENT. INJURY 23	UNINTENT. INJURY 28	UNINTENT. INJURY 31	CANCER 69	CANCER 166	HEART DISEASE 1261	HEART DISEASE 1499
2	CONGENITAL ANOMALIES 4	BRONCHITIS/ EMPHYSEMA/ ASTHMA 1	SUICIDE 13	HEART DISEASE 7	HEART DISEASE 25	HEART DISEASE 53	HEART DISEASE 148	CANCER 689	CANCER 943
3	UNINTENT. INJURY 3	HEART DISEASE 1	HOMICIDE/ LEGAL 3	SUICIDE 6	CANCER 13	UNINTENT. INJURY 14	BRONCHITIS/ EMPHYSEMA/ ASTHMA 20	STROKE 202	STROKE 229
4	HOMICIDE/ LEGAL 2	HOMICIDE/ LEGAL 1	HEART DISEASE 2	HOMICIDE/ LEGAL 5	SUICIDE 12	LIVER DISEASE 12	STROKE 16	INFLUENZA/ PNEUMONIA 182	BRONCHITIS/ EMPHYSEMA/ ASTHMA 202
5	SEPTICEMIA (BLOOD POISONING) 2	CANCER 1	INFLUENZA/ PNEUMONIA 1	CANCER 4	HIV 5	DIABETES MELLITUS 10	UNINTENT. INJURY 14	BRONCHITIS/ EMPHYSEMA/ ASTHMA 174	UNINTENT. INJURY 202
6	SIDS 2	OTHER 2	OTHER 6	STROKE 2	VIRAL HEPATITIS 5	SUICIDE 9	DIABETES MELLITUS 13	DIABETES MELLITUS 97	INFLUENZA/ PNEUMONIA 199
7	HEART DISEASE 1	OTHER 2	OTHER 6	HIV 2	STROKE 4	STROKE 5	INFLUENZA/ PNEUMONIA 11	KIDNEY DISEASE 81	DIABETES MELLITUS 125
8	INFLUENZA/ PNEUMONIA 1	OTHER 2	DIABETES MELLITUS 1	DIABETES MELLITUS 1	DIABETES MELLITUS 4	BRONCHITIS/ EMPHYSEMA/ ASTHMA 4	LIVER DISEASE 7	SEPTICEMIA (BLOOD POISONING) 78	SEPTICEMIA (BLOOD POISONING) 85
9	CANCER 1	OTHER 15	OTHER 15	OTHER 15	BRONCHITIS/ EMPHYSEMA/ ASTHMA 3	HOMICIDE/ LEGAL 4	SUICIDE 7	UNINTENT. INJURY 78	KIDNEY DISEASE 83
10	OTHER 8	OTHER 15	OTHER 15	OTHER 15	HOMICIDE/ LEGAL 3	THREE CAUSES TIED 2	HYPERTENSION 4	ALZHEIMER'S DISEASE 30	SUICIDE 60

Data source: Vital Statistics, Health Care Information Division, Oklahoma State Department of Health
Produced by: Community Development Service, Community Health Services, OK State Dept. of Health

Injury and Violence

Across the nation and the state of Oklahoma, unintentional and violence-related injuries are on the rise. Unintentional injuries account for the 4th leading cause of death in the United States and the 5th leading cause of death in Oklahoma from 1999-2002. For persons ages 1 to 44 in Oklahoma, unintentional injuries are the leading cause of death.

This trend does not change much in Bryan County. Unintentional injuries are the leading cause of death from ages 5 to 44.

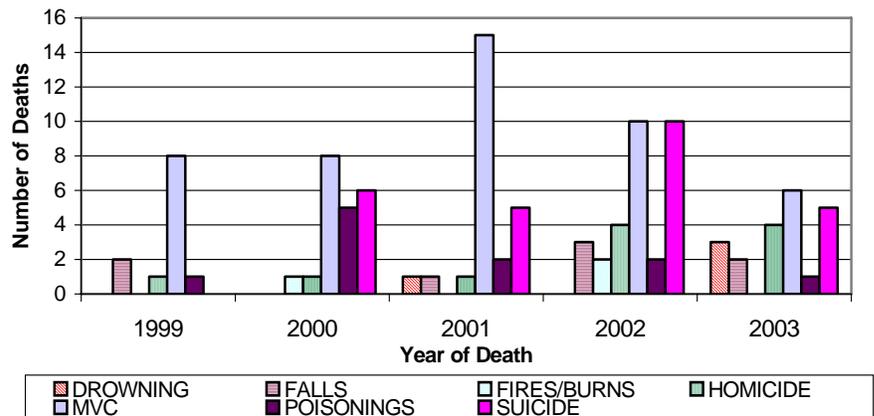
It is estimated that for every motor vehicle-related death \$1.1 million in economic costs are incurred. For Bryan County which has an average of 9.4 motor vehicle-related deaths a year,

that translates to almost \$11 million a year.

Violence-related injuries (homicide

and suicide) in Bryan County are ranked in the top 10 in Seven of the eight age groups (see Top 10 list on page 3).

Injury and Violence-Related Deaths in Bryan County, 1999 - 2003



* *Vital Statistics*, Health Care Information Systems, OSDH & Centers for Disease Control

Tobacco Use

According to the 2005 State of the State's Health Report, tobacco use among Oklahomans has remained fairly stable from 1990 to 2002. Oklahoma has been consistently higher in its tobacco use than the nation and is 30% higher than the nation on the amount of tobacco consumed per capita (103 packs vs. 79 packs).

Tobacco use is no longer just the

problem of the individual but also the community as a whole. With health care costs on the rise, targeting areas such as tobacco use is an effective way to control those costs.

In 2002, the CDC estimated that a person that used tobacco accrued over \$3,300 in health care costs per year. According to the Be-

havioral Risk Factor Surveillance System, it is estimated that 35.6% (13,281) of people in Bryan County use tobacco of some sort. Medical costs accumulated by those persons are almost \$44 million a year for Bryan County.

“Medical costs accumulated by those persons are almost \$44 million a year for Bryan County”

* *Behavioral Risk Factor Surveillance System*, Health Care Information System, OSDH & American Diabetes Association, 2002

Physical Activity, Wellness and Diabetes

The increasing inactivity of the U.S. population is contributing to an increase in numerous poor health-related outcomes. Physical inactivity robs the body of precious energy needed to function properly, in turn health declines and rates of various chronic diseases escalate.

According to the 2002-2004 Behavioral Risk Factor Surveillance System (BRFSS), it is estimated that 30.7%

(11,453) of people in Bryan County had no leisure activity in the past month at the time they were surveyed.

The BRFSS also indicated that 7.3% (2,723) of Bryan County citizens have been diagnosed by a health professional as having diabe-



Increase activity gradually. Moderate exercise for 30 minutes 5 days a week.

tes. In 2002, the per capita annual healthcare costs for people with diabetes was \$13,243 compared to \$2,560 for people without diabetes. Persons with diabetes accumulated health care costs of \$36,060,689.00 in one year for Bryan County.

Teen Pregnancy

While births to teen mothers (age 15 to 19) are on the decline in both the U.S. and Oklahoma, Oklahoma has moved up in rank from 13th to 8th in the country. In 1993 the rate of teen births

was 60.0 (per 1,000 15-19 year old females) in the U.S. and 66.6 in Oklahoma. In 2003, the rate decreased to 41.7 in the U.S. and 55.8 in Oklahoma, a decrease of

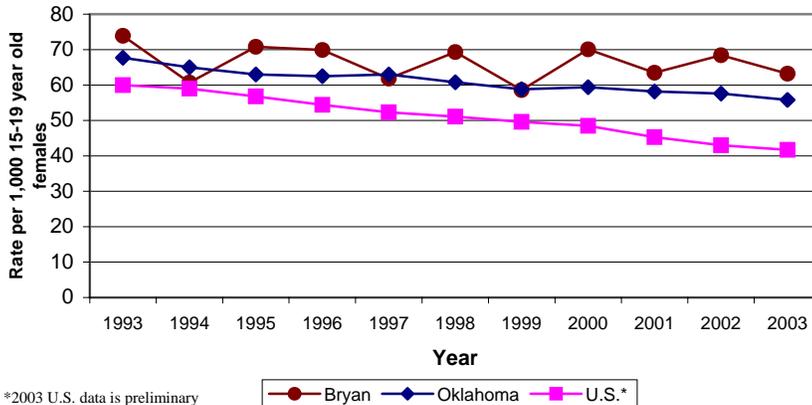
31% and 7%, respectively.

Children of teen mothers are more likely to display poor health and social outcomes than those of older mothers, such as premature birth, low birth weight, higher rates of abuse and neglect, and more likely to go to foster care or do poorly in school. Additionally, births to teen mothers accumulate \$3,200 a year for each teenage birth, which is passed on to citizens.

According to Oklahoma Vital Statistics, Bryan County had a teen birth rate of 63.2 in 2003 which was a 8% decrease from 2002 (68.4) and a 14% decrease since 1993 (73.9).

With an average of 89 births per year, teen pregnancy costs the citizens of Bryan County \$284,800.00 a year.

Rate of Live Births to Teen Mothers, Ages 15-19, Bryan County, 1993 to 2003



*2003 U.S. data is preliminary

Note: 15 births to a mother 10-14 years of age occurred during the 11 year period.

Poverty

* U.S. Census Bureau

As the nation advances in technology and the ability to detect and prevent disease at an earlier stage, persons that are impoverished carry a large burden of poor health outcomes. Higher incidences of unplanned or unwanted pregnancies, teen pregnancy, inadequate prenatal care, higher rates of low-birth-weight babies, infant deaths and low immunization rates are all associated with poverty along with a myriad of other adverse health outcomes.

According to the 2000 census, 18.4% of persons in Bryan County

for whom poverty status was known had an income below what was needed to live at the federal poverty level. Bryan County is 25% above the state (14.7%) and 48% above the nation (12.4%) for persons with incomes below the federal poverty level.

Income to Poverty Ratio, Bryan County, 2000 Census

Poverty level	Total	50% below	51% to 99% below	poverty level to 149% above	150% to 199% above	200% and above
Population	35,521	2,503	4,026	4,653	4,679	19,660
Cumulative Population		2,503	6,529	11,182	15,861	35,521
% of Total	100.0%	7.0%	11.3%	13.1%	13.2%	55.3%
Cumulative %		7.0%	18.4%	31.5%	44.7%	100.0%

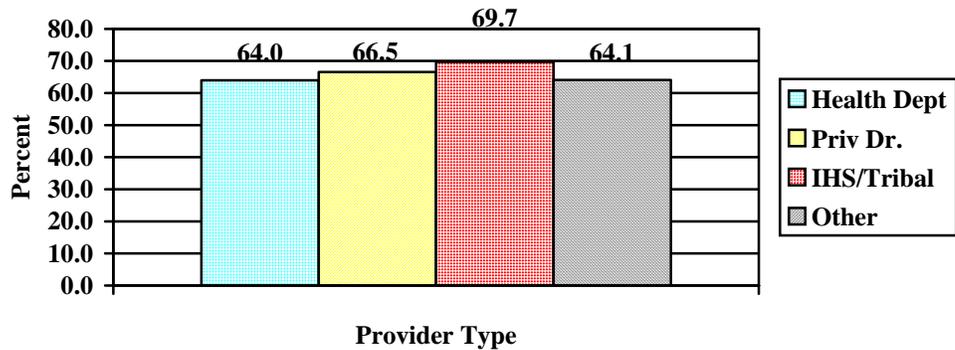
OK By One - State Immunization Data

* 2 Year-old Immunization Survey, Immunization Service, OSDH

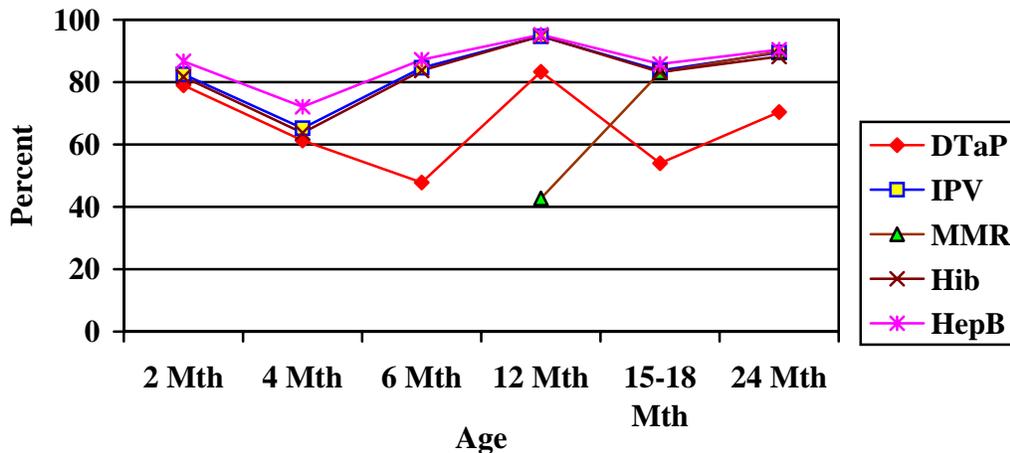
2003-04 Immunization Coverage Rates



4:3:1:1:3 Coverage by Location of Shots, Oklahoma, 2004

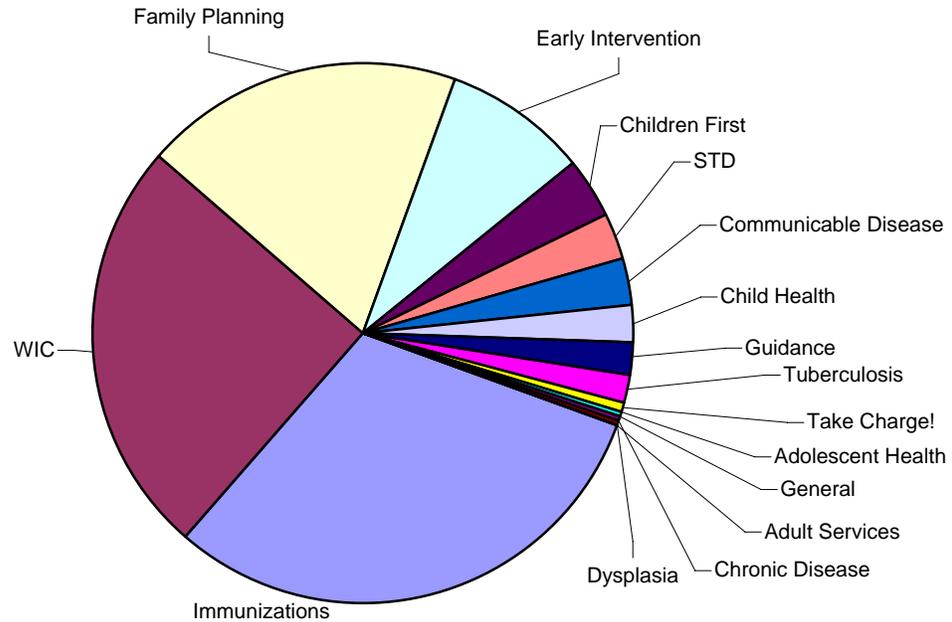


Oklahoma Children On Schedule by Antigen, 2004



**Note: County level data will be available soon.

Attended Appointments for Bryan County Health Department, State Fiscal Year 05



Health Care Costs Summary

Cardiovascular Disease (Heart Disease)

- Average 136 deaths a year
- \$369,476.69 per death
- Total— \$50,248,829.84 a year

Obesity

- 17.1% of population (6,379)
- \$395.00 in additional medical costs per person
- Total—\$2,519,705.00

Motor Vehicle-Related Injury Death

- Average 9.4 deaths per year
- \$1,120,000.00 in economic costs per death
- Total—\$10,528,000.00 a year

Tobacco Use

- 35.6% of population (13,281)
- \$3,300.00 in health care costs
- Total—\$43,827,300.00 a year

Diabetes

- 7.3% of population (2,723)
- \$13,243.00 in healthcare costs a year
- Total—\$36,060,689.00 a year

Teen Pregnancy

- Average of 89 births to teen mothers per year
- \$3,200.00 in costs for each birth a year
- Total— \$284,800.00 a year



Grand Total for Bryan County:

\$143,469,323.84



**OKLAHOMA STATE
DEPARTMENT OF HEALTH**

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Community Development Service

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1524 W Chuckwa
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Looking Back to Move Forward

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The Oklahoma Turning Point Initiative is public health improvement in action. The success of the Turning Point process involves a partnership between the state and county departments of health, local communities, and policy-makers. The Oklahoma Turning point engine is fueled by a community-based decision making process whereby local communities tap into the capacities, strengths, and vision of their citizens to create and promote positive, sustainable changes in the public health system, and the public's health.

Bryan County Turning Point Coalition

We want to say Thank You to all the people that make the Bryan County Turning Point Coalition such a huge success.

- Bryan County Health Department
- Bryan County Coalition
- Bryan County Community Council
- Turning Point Coalition
- Durant Public Schools
- Choctaw Nation Community Health Programs/ Health Services
- Durant Chamber of Commerce
- Durant Kiwanis Club
- Durant Lions Club
- OSU Extension Service
- Medical Center of Southeastern Oklahoma
- Success by Six Initiative
- City of Durant—Parks & Recreation Department
- Southeast Oklahoma Division on Aging (SODA)
- Chickasaw Nation Health Services

